

Warm Up:

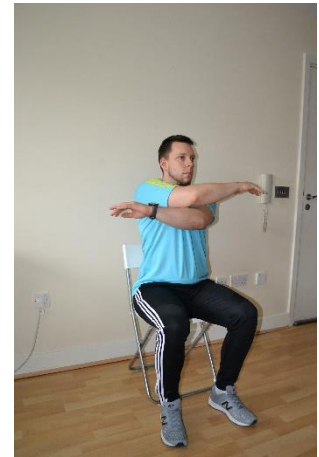
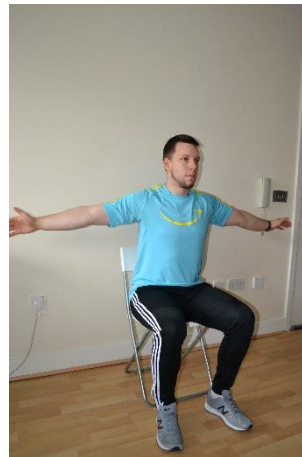
1. Criss Cross Arms

Time: 20 seconds

Rounds: 1

Rest: No Rest

Note: Big arm swings



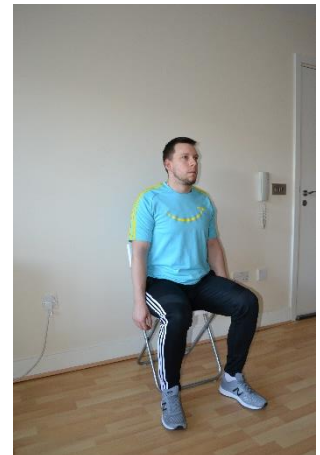
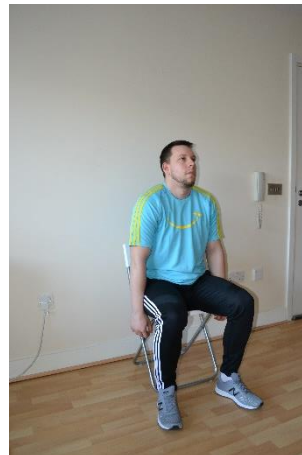
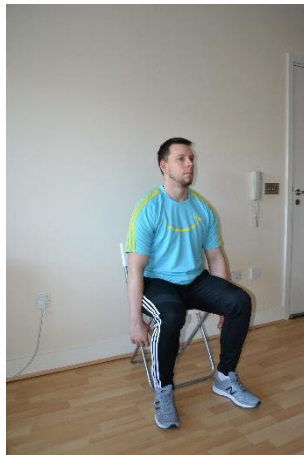
2. Shoulder Rolls

Time: 20 seconds

Rounds: 1

Rest: No Rest

Note: Switch direction
halfway



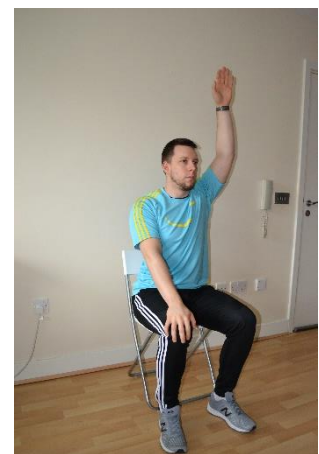
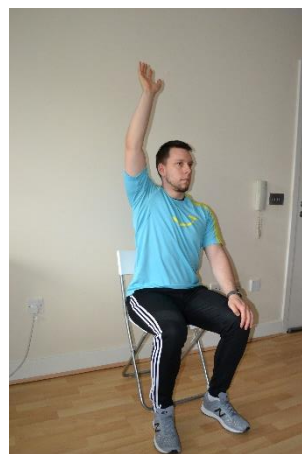
3. Up & Down Arm Swings

Time: 20 seconds

Rounds: 1

Rest: No Rest

Note: Swing the arms up high and dynamic



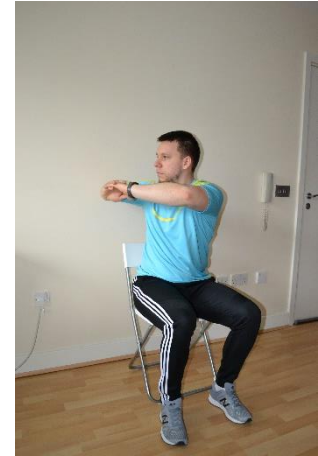
4. Body Twists

Time: 20 seconds

Rounds: 1

Rest: No Rest

Note: Hold hands together



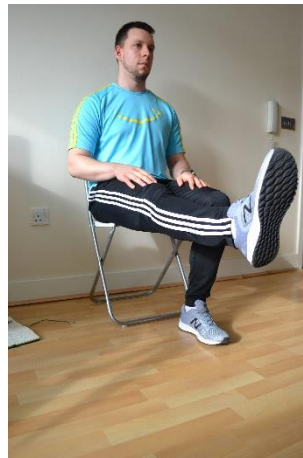
5. Leg Kicks

Time: 20 seconds

Rounds: 1

Rest: No Rest

Note: Alternate the legs



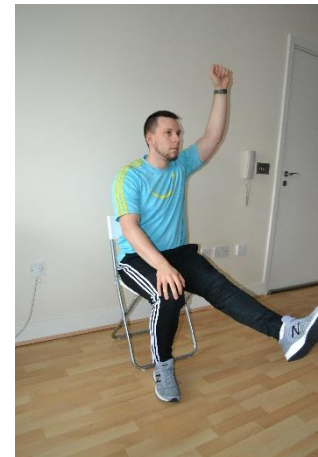
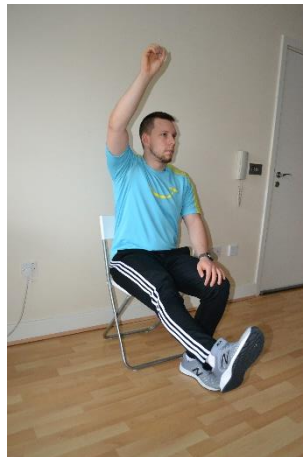
6. Leg Kicks with Arm Swings

Time: 20 seconds

Rounds: 1

Rest: No Rest

Note: Same side leg & arm movement



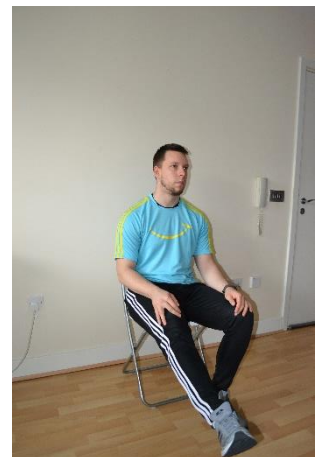
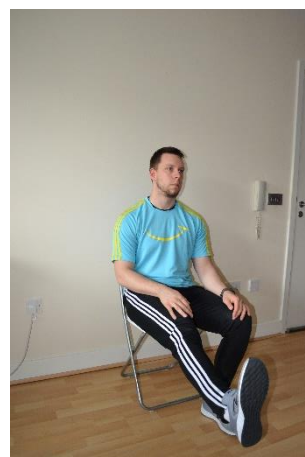
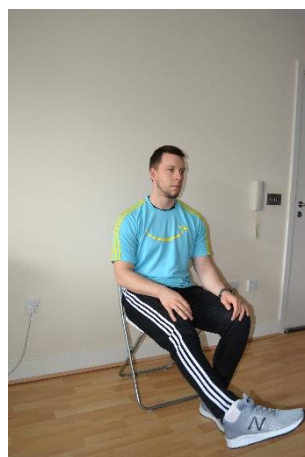
7. Foot Circles

Time: 20 seconds

Rounds: 1

Rest: No Rest

Note: Switch direction halfway



Challenges:

Get as many repetitions as you can in 60 seconds. Use small weights (dumbbells, bottles of water, tins) where indicated.

1. Sit to Stand Challenge

Time: 60 seconds

Rounds: 1

Rest: 60 seconds

Note: Press the weight out in front or overhead



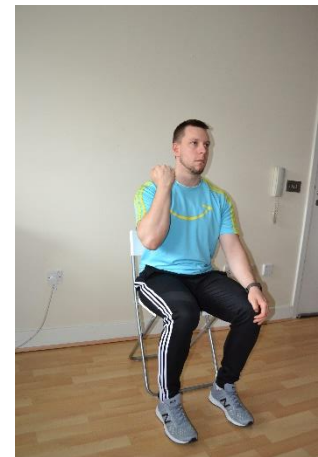
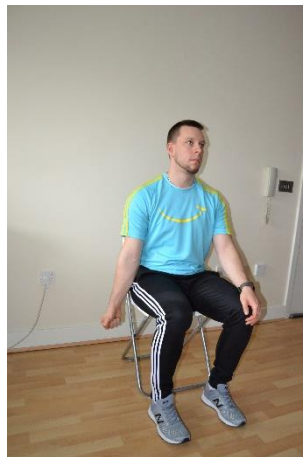
2. Single Arm Curl

Time: 60 seconds

Rounds: 1

Rest: 60 seconds

Note: Use weights, extend the arm fully. Perform one arm at a time



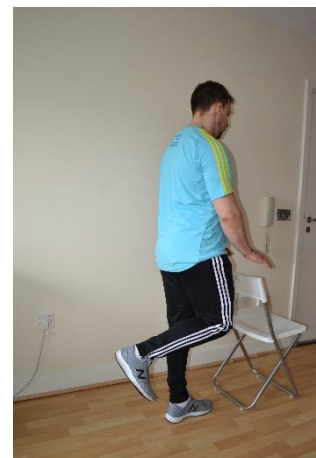
3. Balance challenge

Time: 60 seconds

Rounds: 1

Rest: 60 seconds

Note: Hover hands over a chair or countertop for safety



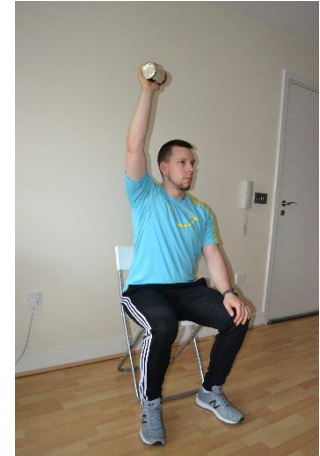
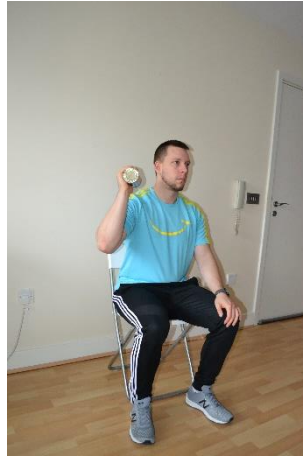
4. One Arm Shoulder Press

Time: 60 seconds

Rounds: 1

Rest: 60 seconds

Note: Use weights, perform one arm at a time



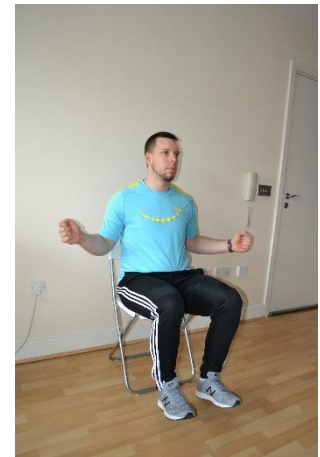
5. Seated Skipping

Time: 60 seconds

Rounds: 1

Rest: 60 seconds

Note: Sit on the edge of the chair, hop legs and move arms



[Note: Please copy and paste the below link into your browser for a video of all the challenges and how these can be progressed or regressed depending on your ability levels!](https://www.facebook.com/SielBleulreland/videos/1023145281419685/)

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Siel Bleu Ireland strongly recommends that you consult with your GP before beginning any exercise programme. This workout should only be attempted if you are in good health and are physically able to participate. If you feel any pain or discomfort stop exercising immediately and consult your GP.